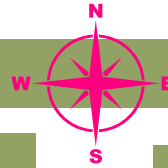


14 DAY KETTLEBELL CHALLENGE FOR HIKERS!

GET STRONG IN APPROX 15 MINUTES A DAY FOR 2 WEEKS!

WEEK 1



WEEK 2

1

- KETTLEBELL GOBLET SQUATS: OF 10 REPS
- KETTLEBELL SWINGS: 15 REPS
- KETTLEBELL CLEAN AND PRESS: 8 REPS (EACH ARM)



2

- KETTLEBELL DEADLIFTS: 8 REPS
- KETTLEBELL LUNGES: 12 REPS (EACH LEG)
- KETTLEBELL SNATCHES: REPS EACH ARM



3

- KETTLEBELL CLEAN AND PRESS: 8 REPS (EACH ARM)
- KETTLEBELL REVERSE LUNGES: 12 REPS (EACH LEG)
- KETTLEBELL RUSSIAN TWISTS: 10 REPS (EACH SIDE)



4

- KETTLEBELL ONE-ARMED SWINGS: 15 REPS (EACH ARM)
- KETTLEBELL SINGLE-LEG DEADLIFTS: 10 REPS (EACH LEG)
- KETTLEBELL FIGURE 8S: 20 REPS



1

- KETTLEBELL SNATCHES: 8 REPS EACH ARM
- KETTLEBELL LUNGES: 10 REPS EACH LEG
- KETTLEBELL SUMO SQUATS: 12 REPS



2

- KETTLEBELL CLEAN AND PRESS: 8 REPS
- KETTLEBELL LUNGES: 10 REPS EACH LEG
- KETTLEBELL HALOS: 10 REPS EACH DIRECTION



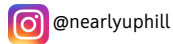
3

- KETTLEBELL GOBLET SQUATS: 8 REPS
- KETTLEBELL SIDE LUNGES: 10 REPS EACH LEG
- KETTLEBELL WINDMILLS: 8 REPS EACH SIDE



4

- KETTLEBELL CLEAN AND PRESS: 8 REPS
- KETTLEBELL DEADLIFTS: 10 REPS
- KETTLEBELL RUSSIAN TWISTS: 12 REPS EACH SIDE



5

- KETTLEBELL HIGH PULLS: 10 REPS (EACH ARM)
- KETTLEBELL SIDE LUNGES: 12 REPS (EACH LEG)
- KETTLEBELL SUMO SQUATS: 10 REPS



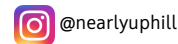
6

REST DAY!



7

- KETTLEBELL HALOS: 10 REPS (EACH DIRECTION)
- KETTLEBELL WINDMILLS: 8 REPS EACH SIDE
- KETTLEBELL SINGLE-LEG DEADLIFTS: 10 REPS (EACH LEG)



5

- KETTLEBELL SWINGS: 5 SETS X 20 SECONDS ON, 10 SECONDS OFF
- KETTLEBELL SINGLE-LEG DEADLIFTS: 8 REPS EACH LEG
- KETTLEBELL FIGURE 8S: 20 REPS



6

- KETTLEBELL SUMO SQUATS: 10 REPS
- KETTLEBELL HIGH PULLS: 12 REPS
- KETTLEBELL SNATCHES: 8 REPS EACH ARM



7

- KETTLEBELL GOBLET SQUATS: 12 REPS
- KETTLEBELL CLEAN AND PRESS: 8 REPS
- KETTLEBELL LUNGES: 12 REPS EACH LEG

